



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01160, Egg, yolk, raw, frozen, salted, pasteurized

Report Date: July 09, 2017 12:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	50.87	3	--	49.8	51.6	--	--	--	1	Analytical or derived from analytical	--	04/2012
Energy	kcal	275	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Energy	kJ	1149	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Protein ¹	g	14.07	3	--	14	14.1	--	--	--	1	Analytical or derived from analytical	--	04/2012
Total lipid (fat) ¹	g	22.93	3	--	22.42	23.19	--	--	--	1	Analytical or derived from analytical	--	04/2012
Ash ¹	g	10.37	3	--	10.2	10.7	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carbohydrate, by difference	g	1.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/1996
Sugars, total ¹	g	0.07	3	--	0	0.1	--	--	--	1	Analytical or derived from analytical	--	04/2012
Sucrose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.07	3	--	0	0.1	--	--	--	1	Analytical or derived from analytical	--	04/2012
Fructose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Lactose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Maltose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Galactose ¹	g	0.00	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Minerals													
Calcium, Ca ¹	mg	113	3	--	101	122	--	--	--	1	Analytical or derived from analytical	--	04/2012
Iron, Fe ¹	mg	3.40	3	--	3.05	3.63	--	--	--	1	Analytical or derived from analytical	--	04/2012
Magnesium, Mg ¹	mg	7	3	--	5	8	--	--	--	1	Analytical or derived from analytical	--	04/2012
Phosphorus, P ¹	mg	414	3	--	369	445	--	--	--	1	Analytical or derived from analytical	--	04/2012
Potassium, K ¹	mg	111	3	--	103	116	--	--	--	1	Analytical or derived from analytical	--	04/2012

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Sodium, Na ¹	mg	3487	3	--	3,080	3,760	--	--	--	1	Analytical or derived from analytical	--	04/2012
Zinc, Zn ¹	mg	2.87	3	--	2.59	3.07	--	--	--	1	Analytical or derived from analytical	--	04/2012
Copper, Cu ¹	mg	0.121	3	--	0.12	0.13	--	--	--	1	Analytical or derived from analytical	--	04/2012
Manganese, Mn ¹	mg	0.065	3	--	0.06	0.07	--	--	--	1	Analytical or derived from analytical	--	04/2012
Selenium, Se ¹	µg	56.9	3	--	43.2	69.3	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	1	Assumed zero	--	05/1996
Thiamin ¹	mg	0.140	3	--	0.13	0.16	--	--	--	1	Analytical or derived from analytical	--	04/2012
Riboflavin ¹	mg	0.427	3	--	0.35	0.47	--	--	--	1	Analytical or derived from analytical	--	04/2012
Niacin ¹	mg	0.027	3	--	0.02	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2012
Pantothenic acid ¹	mg	3.167	3	--	3	3.3	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 ¹	mg	0.402	3	--	0.32	0.52	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folate, total ¹	μg	112	3	--	65	137	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	112	3	--	65	137	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folate, DFE	μg	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
Choline, total ¹	mg	705.0	3	--	675	737	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin B-12 ¹	μg	1.61	3	--	1.45	1.72	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Vitamin A, RAE	μg	313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Retinol ¹	μg	313	3	--	303	324	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carotene, beta ¹	μg	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carotene, alpha	μg	38	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Vitamin A, IU	IU	1043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Lutein + zeaxanthin ¹	µg	712	3	--	606	789	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E (alpha-tocopherol) ¹	mg	2.28	3	--	1.54	3.23	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Vitamin D (D2 + D3)	µg	3.1	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Vitamin D3 (cholecalciferol) ¹	µg	3.1	3	--	2.7	3.4	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin D ¹	IU	126	3	--	107	136	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin K (phylloquinone)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Lipids													
Fatty acids, total saturated	g	7.159	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/1996
10:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/1996
12:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/1996
14:0 1	g	0.073	3	--	0.07	0.08	--	--	--	1	Analytical or derived from analytical	--	05/1996
15:0 1	g	0.013	3	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2012
16:0 1	g	5.184	3	--	5.04	5.31	--	--	--	1	Analytical or derived from analytical	--	04/2012
17:0 1	g	0.048	3	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:0 1	g	1.841	3	--	1.84	1.85	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
22:0 1	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total monounsaturated	g	9.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012
14:1 ¹	g	0.016	3	--	0.01	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2012
15:1 ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
16:1 undifferentiated ¹	g	0.543	3	--	0.52	0.57	--	--	--	1	Analytical or derived from analytical	--	04/2012
17:1 ¹	g	0.010	3	--	0	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:1 undifferentiated ¹	g	8.438	3	--	8.23	8.78	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:1 ¹	g	0.064	3	--	0.06	0.07	--	--	--	1	Analytical or derived from analytical	--	05/1996
22:1 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/1996
22:1 c ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total polyunsaturated	g	3.733	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated ¹	g	3.068	3	--	2.92	3.28	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:3 undifferentiated ¹	g	0.102	3	--	0.08	0.12	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:3 n-3 c,c,c (ALA) ¹	g	0.083	3	--	0.06	0.1	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:3 n-6 c,c,c ¹	g	0.019	3	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2012
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
20:2 n-6 c,c ¹	g	0.045	3	--	0.04	0.05	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:3 undifferentiated ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:4 undifferentiated ¹	g	0.397	3	--	0.37	0.41	--	--	--	1	Analytical or derived from analytical	--	04/2012
20:5 n-3 (EPA) ¹	g	0.000	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
22:5 n-3 (DPA) ¹	g	0.010	3	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) ¹	g	0.112	3	--	0.1	0.12	--	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total trans	g	0.116	--	--	--	--	--	--	--	--	Calculated or imputed	01126	04/2011
Cholesterol ¹	mg	912	3	--	842	983	--	--	--	1	Analytical or derived from analytical	--	04/2012
Amino Acids													
Tryptophan ¹	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Threonine ¹	g	0.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Isoleucine ¹	g	0.697	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Leucine ¹	g	1.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Lysine ¹	g	1.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Methionine ¹	g	0.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Cystine ¹	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1	g	0.610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Tyrosine 1	g	0.597	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Valine 1	g	0.793	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Arginine 1	g	0.947	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Histidine 1	g	0.353	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Alanine 1	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Aspartic acid 1	g	1.333	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Glutamic acid 1	g	1.697	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Glycine 1	g	0.420	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Proline 1	g	0.550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ¹	g	1.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2012
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01125	04/2012

Sources of Data

¹American Egg Board American Egg Board-Egg Nutrition Center Study, 2005